



Gus Ryder Memorial Cup 2024

Host team/Location/ Format:

- Host Team: Lakeshore Swim Club
- Location: Etobicoke Olympium, 590 Rathburn Road, Etobicoke, ON M9C 3T3
 - Google Maps Link: <https://maps.app.goo.gl/b4AmHpnSw4aAkhxS7>

Date:

- November 15th-17th

Cost:

- Individual Events \$15
- Relays \$8

Meet scratch form:

- Scratch Form: <https://forms.office.com/r/EeSme1KxAZ>
- Deadline: October 28th,2024

Meet schedule:

| <u>Session #</u> | <u>Date</u> | <u>Warm-up period</u> | <u>Start of session</u> | <u>Approx. Finish of session</u> | <u>Time Final/Heats /Finals</u> |
|------------------|-----------------------|-----------------------|-------------------------|----------------------------------|---------------------------------|
| 1 | Friday, November 15 | 2:30 - 3:25 PM | 3:30 PM | 8:00 PM | Time Finals |
| 2 | Saturday, November 16 | 8:00 - 8:55 AM | 9:00 AM | 11:45 PM | Prelims |
| 3 | Saturday, November 16 | 12:00 - 12:55 PM | 1:00 PM | 5:00 PM | Time Finals |
| 4 | Saturday, November 16 | 6:00 - 6:40 PM | 6:45 PM | 8:30 PM | Finals |
| 5 | Sunday, November 17 | 8:00 - 8:55 AM | 9:00 AM | 11:45 PM | Prelims |
| 6 | Sunday, November 17 | 12:00 - 12:55 PM | 1:00 PM | 5:00 PM | Time Finals |
| 7 | Sunday, November 17 | 6:00 - 6:40 PM | 6:45 PM | 8:30 PM | Finals |





| Session 1 (Distance) Friday, November 15, 2024 Warm-up: 2:30 PM -- Start: 3:30 PM | | |
|---|-------------------------|---------------|
| Women (DEEP) | | Men (SHALLOW) |
| 1 | All Ages 1500 Freestyle | 2 |
| 3 | All Ages 800 Freestyle | 4 |

| Session 2 (Prelims) Saturday, November 16, 2024 Warm-up: 8:00 AM -- Start: 9:00 AM | | |
|--|---------------------------------|------------|
| Women (SHALLOW) | | Men (DEEP) |
| 5 | 13 & Over 200 Freestyle | 6 |
| 7 | 13 & Over 100 Breaststroke | 8 |
| 9 | 13 & Over 100 Butterfly | 10 |
| 11 | 13 & Over 200 Backstroke | 12 |
| 13 | 13 & Over 100 Individual Medley | 14 |
| 15 | 13 & Over 50 Freestyle | 16 |
| 17 | 13 & Over 50 Backstroke | 18 |
| 19 | 13 & Over 400 Individual Medley | 20 |
| 201 | 13-14 4 x 50 Free Relay | 202 |
| 203 | 15 & Over 4 x 50 Free Relay | 204 |

| Session 3 (Time Finals) Saturday, November 16, 2024 Warm-up: 12:00 -- Start: 1:00 PM | | |
|--|----------------------------------|------------|
| Women (SHALLOW) | | Men (DEEP) |
| 21 | 12 & Under 200 Freestyle | 22 |
| 23 | 12 & Under 100 Breaststroke | 24 |
| 25 | 12 & Under 100 Butterfly | 26 |
| 27 | 12 & Under 200 Backstroke | 28 |
| 29 | 12 & Under 100 Individual Medley | 30 |
| 31 | 12 & Under 50 Freestyle | 32 |
| 33 | 12 & Under 50 Backstroke | 34 |
| 35 | 12 & Under 400 Individual Medley | 36 |
| 205 | 10 & Under 4 x 50 Relay | 206 |
| 207 | 11-12 4 x 50 Relay | 208 |





| Session 4 (Finals) | | |
|---|---------------------------------|-----|
| Saturday, November 16, 2024 Warm-up: 6:00 PM -- Start: 6:45 PM | | |
| Women | | Men |
| 5 | 13 & Over 200 Freestyle | 6 |
| 7 | 13 & Over 100 Breaststroke | 8 |
| 9 | 13 & Over 100 Butterfly | 10 |
| 11 | 13 & Over 200 Backstroke | 12 |
| 13 | 13 & Over 100 Individual Medley | 14 |
| 15 | 13 & Over 50 Freestyle | 16 |
| 17 | 13 & Over 50 Backstroke | 18 |

| Session 5 (Prelims) | | |
|---|---------------------------------|---------------|
| Sunday, November 17, 2024 Warm-up: 8:00 AM -- Start: 9:00 AM | | |
| Women (DEEP) | | Men (SHALLOW) |
| 37 | 13 & Over 200 Breaststroke | 38 |
| 39 | 13 & Over 100 Freestyle | 40 |
| 41 | 13 & Over 100 Backstroke | 42 |
| 43 | 13 & Over 200 Butterfly | 44 |
| 45 | 13 & Over 200 Individual Medley | 46 |
| 47 | 13 & Over 50 Butterfly | 48 |
| 49 | 13 & Over 50 Breaststroke | 50 |
| 51 | 13 & Over 400 Freestyle | 52 |
| 209 | 13-14 4 x 50 Medley Relay | 210 |
| 211 | 15 & Over 4 x 50 Medley Relay | 212 |

| Session 6 (Time Finals) | | |
|--|----------------------------------|---------------|
| Sunday, November 17, 2024 Warm-ups: 12:00 -- Start: 1:00 PM | | |
| Women (DEEP) | | Men (SHALLOW) |
| 53 | 12 & Under 200 Breaststroke | 54 |
| 55 | 12 & Under 100 Freestyle | 56 |
| 57 | 12 & Under 100 Backstroke | 58 |
| 59 | 12 & Under 200 Butterfly | 60 |
| 61 | 12 & Under 200 Individual Medley | 62 |
| 63 | 12 & Under 50 Butterfly | 64 |
| 65 | 12 & Under 50 Breaststroke | 66 |
| 67 | 12 & Under 400 Freestyle | 68 |
| 213 | 10 & Under 4 x 50 Medley Relay | 214 |
| 215 | 11-12 4 x 50 Medley Relay | 216 |





Session 7 (Finals)
Sunday, November 17, 2023
Warm-up: 6 PM -- Start: 6:45 PM

| Women | | Men |
|-------|---------------------------------|-----|
| 37 | 13 & Over 200 Breaststroke | 38 |
| 39 | 13 & Over 100 Freestyle | 40 |
| 41 | 13 & Over 100 Backstroke | 42 |
| 43 | 13 & Over 200 Butterfly | 44 |
| 45 | 13 & Over 200 Individual Medley | 46 |
| 47 | 13 & Over 50 Butterfly | 48 |
| 49 | 13 & Over 50 Breaststroke | 50 |

